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Local Soldiers Prepare to Compete in 2013 Warrior Games



U.S. Army Photo by Patrick Cubel

Master Sgt. Rhoden Galloway (left), Warrior Transition Unit, Fort Sam Houston, Texas, and Sgt. Sean Karpf, Warrior Transition Unit, Walter Reed National Military Medical Center, Bethesda, Md., wait to start the 50-meter freestyle swim trial at the 2013 Warrior Games Army Cycling and Swimming Assessment and Selection Clinic. The clinic was conducted Jan. 7-12 at Fort Bliss, Texas.

By Bernard S. Little
WRNMMC Journal
staff writer

Two Soldiers assigned to Walter Reed National Military Medical Center (WRNMMC) and Fort Meade (Md.) Warrior Transition Units (WTU) will compete in the 2013 Warrior Games, beginning Saturday until May 16, at the U.S. Olympic Training Center and U.S. Air Force Academy in Colorado

Springs, Colo.

In his Warrior Games debut, Army Sgt. Sean Karpf is eyeing gold in the pool and on the track, while Army Capt. Lacey Hamilton is returning to the Games looking to do even better than she did in 2012 when she cycled her way to a bronze medal in women's cycling and earned another bronze in the women's 200-meter sprint. This year, she will again compete in cycling as

well as track and field.

"I hope to achieve a greater reward than the one obtained during my participation in the previous Warrior Games," said Hamilton, who received care at WRNMMC and is assigned to the WTU at Fort Meade Md. "This means that I will return home with three gold medals and a lifetime of knowledge that I have learned from fellow warriors, coaches and supporters alike,"

the captain added.

Karpf, a native of Jacksonville, Fla., has excelled at competing in adaptive sports and was on the sled hockey team, which earned the USA Hockey Sled Classic B Division championship in November in Buffalo, N.Y. He also participated in a four-day bike ride with other wounded warriors in April, receiving a presidential send-off at the White House by President Barack

Obama and Secretary of Veterans Affairs Eric K. Shinseki.

Adaptive sports "has given me a sense of belonging to a team again," said Karpf, injured in June 2012 by an improvised explosive device in Afghanistan. The explosion claimed his left leg below the knee. He's also training to compete in a triathlon, and recently par-

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Chaplain's Corner

Peace is one thing that we all desire. As we look around, our families, friends, and loved ones desire peace. A life without peace is a miserable life indeed. Therefore, I believe in spite of our situations, it is imperative that we pursue peace to attain harmony within ourselves and with others. There are three points I'd like to share with you concerning peace.



most of the time, for me, it is a pleasant experience. A smile allows me to convey to others I care. In a hospital setting, I am more than willing to smile. I believe when I smile I can make a difference in someone's life. For me, it conveys to others that I am willing to help and that I care enough to acknowledge their presence.

Third, peace is an action word. If I want peace, I must

First, Psalms 34:14 reads, "seek peace and pursue it." This particular scripture encourages us to strive for and to continue to look for peace. Sometimes we do not have peace within ourselves or with others. Sometimes we can have disagreements and conflicts with others but the question is, how can we have peace with ourselves and with others? As we think about our past conflicts and reactions, I believe we can reflect back and ask ourselves, "What approach can I implement that will bring about a mutual understanding and peace between us?" Granted, there are times when people will have different opinions but we can agree to disagree and still have respect for each other.

Second, peace comes from within. Mother Teresa said, "Peace begins with a smile." A smile projects kindness, helpfulness and a peaceful intent with others. When someone approaches me with a smile, I smile back. Of course, I am aware that everyone does not mean you well, but

try my best to figure out a way to have peace in a situation. I know that many times in our lives our peace will be challenged or disturbed by some event but it will not last forever. Continue to pursue peace. If talking with someone helps you to attain peace in your life then talk. If listening to music calms you, then listen to music. If praying or meditating helps you have peace then pray and meditate. Eventually and happily our lives will change for the better because we are pursuing peace with ourselves and with others. I pray that God will bless you today with peace.

"It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it."

By Eleanor Roosevelt

**(Maj.) Denise Hagler
Chaplain, Pastoral Care Dept.
Walter Reed National Military
Medical Center**

Bethesda Notebook

Ethics Symposium

Walter Reed Bethesda's Ethics Committee and Department of Pastoral Care will host the 2nd Annual Healthcare Ethics Symposium Tuesday through Thursday at Naval Support Activity Bethesda. The symposium includes a banquet at the Uniformed Services University of the Health Sciences on Tuesday, and plenary sessions Wednesday and Thursday in Walter Reed Bethesda's Clark Auditorium, focusing on the symposium's theme "Embracing the Principle of Justice in Healthcare," honoring the 50th anniversary of Dr. Martin Luther King Jr.'s "I Have a Dream" speech. For more information, contact Chaplain (Maj.) Stephen Pratel Sr. at 301-400-2224 or stephen.pratel@health.mil.

Asian American, Pacific Islander Heritage

The Bethesda Multicultural Committee celebrates Asian American and Pacific Islander Heritage Month on May 16 beginning at 11:30 a.m. in the America Building atrium. The free program features the Natananjali School of Dance, an authentic vocal and instrumental performance, and sampling of food from India. All are welcome to attend.

Adaptive Sports Expo

The Department of Rehabilitation presents the Adaptive Sports Expo on Wednesday in the America Building Lobby from 10 a.m. to 3 p.m. Come and learn about the Therapeutic Recreation & Adaptive Sports programs at Walter Reed Bethesda. Lunch will be provided for wounded warriors and participants.

Prostate Cancer Support Group

The Walter Reed Bethesda Prostate Cancer Support Group meets twice on May 16 from 1 to 2 p.m., and 6:30 to 7:30 p.m., in the River Conference Room, third floor of the America Building (Building 19) adjacent to the Center for Prostate Disease Research. For more information, contact Vin McDonald at 703-643-2658 or vpmjam@aol.com.

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Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Frederick (Fritz) Kass

Public Affairs Officer NSAB: Joseph Macri
Public Affairs Office NSAB: 301-295-1803

Fleet And Family Support Center 301-319-4087
WRNMMC Ombudsman

Julie Bondar 443-854-5167

NSAB Ombudsman
Jojo Lim Hector 703-901-6730

Journal Staff

Staff Writers MASN April Beazer
MCSN Brandon Williams-Church
Sarah Marshall
Sharon Renee Taylor
Cat DeBinder
David A. Dickinson
Jeremy Johnson

Managing Editor MC2 Nathan Parde

NSAB Editor MC2 John Hamilton
WRNMMC Editor Bernard Little

Walter Reed National Military Medical Center
Office of Media Relations 301-295-5727

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JTF-CapMed Names Top Enlisted Service Members of 2012

By Bernard S. Little
WRNMMC Journal staff writer

Based on job performance, leadership skills, military bearing and community involvement, three service members in the Joint Task Force National Capital Region Medical Command (JTF CapMed) recently earned the JTF CapMed Enlisted Service Members of the Year Awards for 2012.

Air Force Master Sgt. Carlos Ramos, Hospital Corpsman 2nd Class Jessica Bowie and Hospitalman Michael J. Haws were recognized as the JTF CapMed's top enlisted service members of 2012 for Tiers 3, 2 and 1 respectively, during a recent banquet at Fort Belvoir, Va.

Master Chief Petty Officer of the Navy Michael D. Stevens, guest speaker at the affair, commended the winners and nominees, and gave each his official coin. The winners and nominees also received recognition coins from JTF CapMed Commander, Army Maj. Gen. Steve Jones, and JTF CapMed Senior Enlisted Leader (SEL), Air Force Chief Master Sgt. Alexander Perry.

For earning the JTF CapMed's Enlisted Service Members of the Year honors, Ramos, Bowie and Haws also earned a plaque with images of Walter Reed National Military Medical Center (WRNMMC), Fort Belvoir Community Hospital (FBCH) and Malcolm Grow Medical Clinic and service coins on it, as well as the Joint Service Achievement Medal.

Perry, who oversaw the recognition program, explained the three honorees excelled on and off the job, and when they came before the board of senior enlisted leaders who chose the winners, the bearing of Ramos, Bowie and Haws, "matched" their nominations.

"You could clearly see in each one of their nominations, and the way the nominees presented themselves before the board, their military dress and bearing, communication skills and how they responded to questions, they matched," Perry said.

The commands within the JTF CapMed nominated one service member for each of the three awards -- Tier 1 for E-4s and below; Tier 2 for E-5s and E-6s; and Tier 3 for E-7s and E-8s, Perry explained. Nominees then went before the board consisting of senior enlisted leaders from WRNMMC (Master Chief Petty Officer Pietro Matrone), the 79th Medical Wing at Joint Base Andrews, Md. (Chief Master Sgt. Kevin McCoy), and FBCH (Master Sgt. Jason Alexander).

Nominees were given a series of study areas before going before the board, Perry added. "Though it was not like the traditional Army, Navy or Air Force boarding process, we did evaluate how they handled themselves in responding to questions. We



Master Sgt. Carlos Ramos

evaluated how [the nominees] processed the situation as young leaders, and future leaders," said the JTF CapMed SEL.

He said it was challenging selecting the winners, but it was helpful having the various services represented on the selection board, who worked well together to choose the three worthy honorees.

"There weren't any distinct differences between what [the winners'] supervision and leaders said about their performance, and their actual presentation about those achievements," Perry added.

Ramos is the SEL for the Critical Care Nursing Department at WRNMMC. "I've been involved in making the [Base Realignment and Closure] transition a success for our staff and patients alike. I am involved in the enlisted education and training, ensuring our Airmen, Sailors, and Soldiers perform to their highest scope of practice," said the master sergeant.

As SEL for the 50-bed intensive care unit and 26-bed cardiac telemetry unit at WRNMMC, Ramos supervises and mentors service members from all branches. "I enjoy taking care of our service members and helping them achieve their goals," said the master sergeant, who is originally from Guayama, Puerto Rico.

Ramos said he makes it a point to listen to customers and his troops, and asks questions before making a decision. "I learned this early in my career, and it is something I've practiced when dealing with situations that arise," said the 16-year service member. He also describes himself as dedicated. "No matter what task is in front of me, I stick to it until I accomplish it."

Ramos, Bowie and Haws all explained it's humbling to have earned the JTF-CapMed Service Member of the Year award. "I'm only here today because I've been given opportunities to adapt, overcome, and make



**Hospital Corpsman 2nd Class
Jessica Bowie**

my environment better for the next service member," Bowie added.

Also named WRNMMC's Sailor of the Year for 2012 in December, Bowie deployed overseas as an independent physical therapy technician to the Horn of Africa from August 2011 until March 2012. She then served as the assistant leading petty officer at the optometry clinic, and managed career development and training for the Directorate of Medicine at WRNMMC. She is currently the leading petty officer of the Command Fitness Office, where she manages the Fitness Enhancement Program and coordinates the Physical Readiness Test (Personal Fitness Assessment) for Navy members.

"My ability to adapt in every setting has really helped me develop as a leader and gain valuable experience," said the native of Buffalo, N.Y., who has served in the military for seven years.

Like Ramos, Bowie also stressed listening is very important in patient care and customer service. "I began true patient care as an E-3 working in the Emergency Room, so my approach comes from my experience within that setting. It takes patience, listening, and truly caring," she said.

Bowie takes her concern for others outside of the office. She is a volunteer for two local nonprofit groups, assisting vulnerable residents in the Washington, D.C. and Montgomery County areas with comprehensive services including food, education, clothing, medical care and legal and social needs. She will also begin teaching Latin dance aerobic classes at one of the nonprofits this month.

"My outlet at the end of the day is my son, whether it's taking him to jujitsu or having him workout with me in our living room," Bowie added.

Hospital Corpsman 1st Class Scott Bondar, Bowie's supervisor, said, "Once you meet HM2 Bowie, you know she has 'it.' She is a difference-



Hospitalman Michael J. Haws

maker at WRNMMC. In the PFA office, she hit the ground running by developing fitness requiems. Also, she brings the Sailors around her up with her take-charge attitude."

He added Bowie sets the tone for the office. "Not only is she the leading petty officer, but she holds the fastest Navy female run time of 9:25 and scored the maximum on her push-ups and sit-ups on her fall PFA cycle. She leads daily fitness enhancement sessions, and proves as a great example of Navy Physical Fitness standards."

Haws' performance on and off the job were also instrumental in him earning the JTF CapMed Enlisted Service Member of the Year Award for Tier 1. Haws works in FBCH's occupational therapy clinic. He is credited with assisting more than 1,000 patients during 2012. "I treat a variety of injuries through therapeutic exercises, modalities, splints, and massages. In total, I see about nine patients a day, ranging from fractures to carpal tunnel," he explained.

In the Navy since February 2009, Haws said he enjoys the relationships he's able to build with his patients. "I've had a lot of patients walk away from OT my friends rather than patients," said the Sailor.

Originally from Fort Wayne, Ind., Haws also raised \$700 for the Fort Belvoir Community Hospital Holiday Ball, created a civic, cultural, social and moral welfare club at the FBCH, and mentored 22 junior service members last year.

Army Lt. Col. Michael A. Robertson, chief of Occupational Therapy (OT) Service at FBCH and Haws' supervisor, added, "HN Haws has been a phenomenal Sailor within the [OT] service and in the community. He has worked extremely hard to become an accomplished occupational therapy technician and frequently sees the most patients per

Frederick Celtic Festival Honors Wounded Warriors

By Mass Communication Specialist 2nd Class Nathan Parde
NSAB Public Affairs staff writer

The Saint Andrew's Society of Mid-Maryland is sponsoring its 13th annual festival Saturday to honor and benefit wounded warriors.

This cultural heritage event provides the community with the opportunity to explore the rich culture and tradition that resulted from the movement of many Irish and Scottish immigrants to the United States. This year's festival was expanded to include a British car show and evening Celtic concert.

Proceeds from these events will be donated to charities that support wounded warriors, said Joseph Wiggington, president of Saint Andrew's Society of Mid-Maryland and chairman of the festival.

"Any and all wounded warriors are invited to attend the day and night events as our guests of honor," said Wiggington. "They may bring

their immediate families at no charge as well. We will be providing them free food and beverages in our Sponsor's Hall. For those still in hospital and rehabilitation centers, we are coordinating transportation for them."

The event will be kicked off with an opening ceremony that will feature a color guard marching to the sound of pipes and drums.

Professional and amateur athletes, including four wounded warriors donning kilts in the U.S. Army camouflage, will compete on the athletic field in traditional Scottish games, such as caber tossing, heavy stone, hammer, and keg throwing.

There are many other events and activities scheduled for the day. A tent will be set up with Scottish-themed events for kids. Traditional Scottish food and drink, including whole turkey legs and shepherd's pie, will be available for purchase. There will also be dog events at the festival, showcasing skills and training such as sheep herding, terrier races,



Courtesy Photo

The Frederick Celtic Festival will kick off Saturday with an opening ceremony that features the Scottish American Military Society color guard, massed pipes and drums.

service dogs and rescue dog groups. Well-behaved dogs with responsible owners are welcome at the festival.

Wiggington said The Saint Andrew's Society of Mid-Maryland is very excited to present the festival this year, with so many volunteer staff signed up for the event that they had to create a waiting list. He added the "gratitude that has poured out for these brave men and women

[wounded warriors] is something that has left a permanent mark on my emotions."

"To sum it up, we want to raise a shed full of money to help now and in their future," said Wiggington. "We want to put on an awesome festival for them and their families to enjoy the day, and we want to give an opportunity for some of them to get out there on the athletic field and throw heavy stones,




weights, kegs, and logs just because they can!"

Tickets for the festival are \$13 for active duty service members with ID or through advanced sale on the website. Tickets at the gate will cost \$18, and children under 12 are free admission.

For more information about the festival, visit the website at <http://www.frederickcelticfestival.com/>.

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Computer Lab Offers More than Just Internet

By Mass Communication Specialist Seaman Brandon Williams-Church
NSAB Public Affairs staff writer

Located in room number 45 on the lower level of Building 11 at Naval Support Activity Bethesda, the Multi-Use Learning Facility (MLF) computer lab is offering service members, spouses, wounded warriors and civilians free internet access, printing, copying and faxing capabilities during the workweek.

Hours of operation for the MLF are Monday through Friday opening at 8 a.m. and closing at 4 p.m.

With 16 computers in use, users do not have to have a common access card (CAC) to utilize the machines, but, if users require a computer for use of a website that asks for CAC access, the MLF has four machines to use.

"We consider it as assis-



Photo by Mass Communication Specialist Seaman Brandon Williams-Church

Spc. Matthew Winans uses a computer in the Multi-Use Learning Facility to check his Army Knowledge Online account.

tance to our wounded warrior population and for everyone including civilians, members of all services and we set up as basically a network of computers which are open-source computers where you don't have to use a CAC to get into the system," said Craig Branagan, educational services officer

for the Army Education Services (AES). Since Bethesda is such a small post, having everything easily accessible and convenient is key, said Branagan.

"Many people in transition often have no place to go so if they know they can come down to the learning facility and continue their

college courses, access their emails, check their accounts and get things they need for in-processing done, it's a real boom. We operate on different levels, one is for a resource center for education and the other is a utilitarian role for the general population. We felt it was really important to continue this service and we've tried to make it as easily accessible as possible."

Not only does the MLF provide computer and internet access, it also is a gateway for service members, spouses, wounded warriors and civilians to seek the opportunity of special courses offered by Fleet and Family Support Center (FFSC) and AES.

The Army has a Basic Skills Education Program and the Navy has their "Smooth Move" course available for anybody transferring to a new duty station.

Jamie George, transportation assistant for household goods, and Fred Sher-

ris, relocation coordinator for FFSC, teach the "smooth move" class. "We've developed [the class] so that we can walk people through instead of doing a three hour course where they would have to figure it out on the computer system at home on their own," said Sherris. "It could cost them money if they did it wrong."

"We teach the class Monday at 1 p.m. and Tuesday at 8:30 a.m., which both classes are for continental U.S. moves," said George. "Wednesday at 1 p.m. is a class for out of the continental U.S. moves for anyone going overseas, and Thursday at 8:30 a.m. for anybody retiring or separating from their respective branch of service."

Without the support from the Army Continued Education System (ACES), the course would be nonexistent, said Sherris. "The partnership between FFSC

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FFSC Hosting Its First Couples Communication Webinar

By Jeremy K. Johnson
NSAB Public Affairs
staff writer

The Fleet and Family Support Center (FFSC) is adding the web to its list of tools for providing classes aimed at improving life skills for personnel attached to Naval Support Activity Bethesda.

According to Kapreze James, a life skills trainer, FFSC is offering the Couples Communication class as a webinar, tentatively scheduled for May 14 from 11:00 a.m. to 12:30 p.m.

The class, designed to help people in romantic relationships communicate more effectively is normally taught in person and has an average attendance of fewer than 10. James says the smaller class sizes are actually beneficial to the purpose of the class, encouraging people to communicate better. "I find that when you have only a few people, people are more likely to open up. When you have a large group, people don't want to talk about their personal issues," she explained.

With the webinar, she

continued, the advantage of anonymity can amplify the comfort level of the attendee so they can get the biggest benefit from the material and the discussion. "People don't have to identify themselves," she said, "and they can communicate directly with me while I'm conducting the course."

Potential enrollees in the course must first register by calling or emailing the FFSC. James will then send an email with a link to sign-up online at the portal where the webinar happens. "Once they get the link, it takes about five minutes to get set up the first time on the site," she added. "And they might have to install a plug-in on their computer. After that, for future sessions it should take even less time."

After registration, attendees can log in from home or work, and listen as James conducts the hour-long class using virtual slides. There is no video feed, and participants can add their voice to the conversation using either a computer microphone or by dialing in to a conference line by phone. Instead of giving "a

show of hands" to answer a question in person, they can participate in online polls created by the instructor.

James emphasized that participants do not have to be a couple to enroll. She said she believes someone who is between relationships can also benefit from the class. "I encourage people who had a bad break up to attend because they may be able to learn something about the way they communicate with a partner or spouse and prevent problems in the future," she said.

Additionally, any couple can participate, whether they are dating, engaged or married, and couples can be either opposite or same-gender relationships. "We have had same-gender couples in the class before," said James. "All that matters is that they want to learn about better ways to communicate."

Couples Communication class will still be held in person, but James said she is hoping the webinar will provide more flexibility for participants who find it difficult to break away from work for the mid-day session.



U.S. Navy file photo by Mass Communications Specialist 1st Class Jeffrey Jay Price

Anyone looking to find out more about the class or register can contact the FFSC by calling 301-319-4087, or by emailing ffsc@med.navy.mil.

Wound Care Conference Educates Providers Locally, Abroad

By Sarah Marshall
WRNMMC Journal
staff writer

Health care providers from Walter Reed Bethesda and across the globe recently had an opportunity to discuss the latest in wound care treatment during a three-day wound care conference.

Held at the National Intrepid Center of Excellence, April 23-25, the sixth annual Wound Management Conference allowed subject matter experts from Walter Reed National Military Medical Center (WRNMMC) to share their knowledge about current trends in wound care, applicable to their units, wards, as well as on deployment and in the civilian sector, explained Army Maj. Teresa Yabar, division officer for WRNMMC's General Surgery Clinic.

"This was the first time it was done utilizing VTC (video teleconferencing), which was a major endeavor," Yabar noted.

While saving traveling



Photo by Sarah Marshall

Director of the Clinical Nurse Transition Program at Walter Reed Bethesda Cynthia Goldberg gave a presentation on pain management during a Wound Management Conference April 23-25, held at the National Intrepid Center of Excellence.

costs, the VTC capability at this year's Wound Management Conference allowed providers from 14 military installations to participate, including Landstuhl Regional Medical Center in Germany, Naval Base Guam, Army Base Fort Bliss in Texas, and Marine Corps Base Camp Lejeune in North Carolina, Yabar said. Addition-

ally, conference participants earned 12.5 training hours, helping to maintain their annual credentialing requirements, Yabar added.

"We addressed nutrition, [and] pain management. There's always pain in wounds," said Maria Paz Aquino, a wound and ostomy clinical nurse at WRNMMC. "We [also] highlighted cer-

tain wounds that are inherent in every practice, called pressure ulcers," she explained, which may form where pressure on the skin reduces blood flow. A pressure ulcer may form when a patient has been in a wheelchair or bed for a long period of time, or when a patient has a disease that affects blood flow, such as diabetes or vascular disease.

Nurses and doctors also discussed amputee care, and topical products used for treating such wounds. They shared the latest wound care techniques, she continued, such as negative pressure wound therapy (NPWT), turning an open wound into a sterile, closed wound, while enhancing circulation.

"There's probably nowhere else in the world where [NPWT's] use is as wide spread or as intelligent as it is here," said Col. (Dr.) Jerry Svoboda, a vascular surgeon, who shared his expertise during the conference.

A reservist currently mobilized to WRNMMC, Svobo-

da regularly practices in the civilian sector, in Rochester, N.Y. He gave a presentation on diabetic foot ulcers, which he explained may be prevented by using soap, water and petroleum jelly. This method may help decrease the number of diabetic amputations across the nation, he said.

The surgeon added the conference was an opportunity to share modern treatments, and ways to use wound care products both properly as well as economically. He also noted the "collection of talent" at Walter Reed Bethesda.

"[WRNMMC] is an extremely high-speed facility for taking care of complicated wounds," he said, not only for wounded warriors, but patients of all ages. "I'm learning a lot here."

A testimony to the knowledge at WRNMMC is the medical center's staff members having developed the original Department of De-

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Walter Reed Bethesda Gives High Schoolers Extraordinary Experiences

By Bernard S. Little
WRNMMC Journal
staff writer

High school students interested in medical careers are given the opportunity annually to observe medicine practiced at its finest at the Nation's Medical Center, Walter Reed National Military Medical Center (WRNMMC), through a program offered by the Thomas Edison High School of Technology in Silver Spring, Md.

For more than 25 years, WRNMMC, and one of its predecessors, the former National Naval Medical Center, have played host to 11th and 12th grade students from public schools throughout Montgomery County as part of Thomas Edison's Medical Careers program, which began in 1985.

"This award-winning community partnership has been a win-win," explained Kristine Mansky, Medical Careers instructor and registered nurse clinical supervisor, who has worked with the program for more than 20 years.

"We learn from amazing military medicine role models, and the staff demonstrates their leadership and medical prowess as they work with the students and future medical professionals," Mansky added. "The respect these [students] gain for WRNMMC is palpable and leads to many choosing to join the military medical team."

"This program is excellent exposure to the medical field for these young students," said Navy Cmdr. Rhonda Hinds, service chief for Staff and Faculty Development at WRNMMC, who coordinates the internships at WRNMMC for the high schoolers.

"I have been working with this group for the last three years, and they have truly been a pleasure to work with," Hinds added. "This program connects us to the community and allows us to give back. We have had a few students go a step further and join the military in the medical profession. It's truly an eye-opening experience for them."

Mansky said approximately 25 students, who earned A's and B's in biol-



Photos by Bernard S. Little

Kayleigh Matthews (left) and Viky Alvarez, high school students in Thomas Edison High School of Technology's Medical Careers Program, learn to properly put on operating room gowns in the simulation center at Walter Reed Bethesda on April 29.



Oliver Marroquin, Kayleigh Matthews and Emely Canaza, work on their operating room skills in the simulation center.

ogy and chemistry courses, participate in the program each year. The first semester of the program focused on "rigorous" coursework, and included medical terminology taught by a college instructor for credit. The students also took courses in anatomy, physiology, disease processes, patient care skills and CPR.

To participate in the second semester internship at WRNMMC, students must pass their first semester course requirements, become certified in CPR (basic life support for health care

providers), and earn the instructor's recommendation, Mansky explained.

Maj. Carolyn H. Watson, perioperative clinical nurse specialist and clinical educator main operating room (OR) at WRNMMC, explained the students' internships at WRNMMC, "is a time for them to explore the vast opportunities in medical careers and witness professionals at work. For example, most students never get to go behind the 'red' line of the OR suite. Here, they have the chance to observe surgery, learn

how 'sterile technique' is applied, and what that means to a patient undergoing a surgical procedure. Knowing why something is done and then experiencing or observing it, can open their eyes and provide new goals or solidify those they already have."

Mansky agreed the student internship at WRNMMC is for approximately two months and includes "engaging in preceptorships that offer meaningful patient and medical staff learning experiences throughout the hospital, OR, and in various departments and clinics."

Army Staff Sgt. Irving Carlisle, a surgical technologist at WRNMMC who worked with the students during their internships, said, "It's very rewarding to know that they are going to be our future, and it appears the future is going to be bright for us. The program is geared toward developing these high school students into becoming productive citizens, and this will pay off for their future and ours."

"They are energetic and eager to learn, which moti-

vates me to keep doing what I am doing," added Petty Officer 2nd Class Leobardo Carbajal, a surgical technologist at WRNMMC who worked with the students during their internships at Walter Reed Bethesda.

Chris Rahimi, an 18-year-old senior at Winston Churchill High School in Potomac, said he will major in biology in college and hopes to pursue a medical career, possibly in radiology, because of the Medical Career program and his experiences at WRNMMC. "I've learned a lot of vocabulary and crucial information, such as CPR, first aid, what it takes to digest food and how the body works."

"I knew I wanted to do something medical, and once I began the program I realized I really want to do physical therapy," said Kayleigh Matthews, an 18-year-old senior at Rockville High School. "You do a lot of hands-on work, which is my best way to learn, and you do a lot of labs. It lets you see what exactly you will be doing. There is a lot of homework and a lot to do

See **STUDENTS** page 10



Courtesy photo

Former Secretary of Defense Leon Panetta congratulates Capt. Lacey Hamilton for earning two bronze medals at the 2012 Warrior Games.

WARRIOR

Continued from 1

ticipated in an adaptive lacrosse clinic at Walter Reed Bethesda.

"I have realized that I need to push myself and not feel sorry for myself. Losing a leg changes your life, but if I can stay busy, stay active ... it helps. It's like therapy for me," Karpf explained.

He added that participating in adaptive reconditioning activities and sports helped him regain a sense of confidence and perspective as he learned to walk again.

Karpf said he's proud of his career and helping other young service members develop into leaders on and off the playing fields. He encourages other wounded warriors to participate in

adaptive sports because it has helped in his recovery, both physically and mentally. He also looks forward to mentoring other wounded warriors in his internship with the physical therapy department at Walter Reed Bethesda.

The noncommissioned officer said in addition to bringing back gold at the Warriors Games, he hopes to earn a spot on the Army's World Class Athlete Program to train as a hopeful for the U.S. Paralympic swim team.

Hamilton, a native of New Castle, Del., has high goals for herself too, both on and off the sport field. She explained that since January, she has been in "intense training" which has included running four days, cycling three days a week, and throwing the discus twice a week.

Off the field, the Army captain has set her sights on earning either a jurist doctorate degree, or an academic doctorate degree in domestic policy or diplomatic studies.

An intelligence officer, Hamilton was injured during her deployment to Afghanistan. "I was injured in Western Afghanistan in December 2010 when my vehicle was involved in a Motor Vehicle Accident with a local Afghan truck driver. My vehicle rolled off the road and I was ejected from the vehicle."

Despite sustaining a fractured vertebra; right hand trauma; bone, tendon and nerve damage; as well as moderate traumatic brain injury, Hamilton described her deployment in Afghanistan as rewarding. There, she assisted Afghan women with medical services and education.

"I am most proud of the impact that I made with the women in the Sanowghan Village, Zerkoh Valley, Afghanistan," she said. "Given the opportunity, I would do it all over again."

Although her rehabilitation, which began at Walter Reed Bethesda, has been challenging, Hamilton explained she has earned a master's degree, and competed in the Army Ten-Miler and Baltimore half-marathon.

"I was determined to not let my injury get in the way of living life," said the captain. "I have learned that I am a much stronger-willed person than I ever imagined."

"I became interested in competing in the Warrior Games after countless cadre members from the Fort Meade WTU motivated me to try out for the 2012 Warrior Games," Hamilton explained. "The encouragement that I received from the Warrior Transition Unit during that time aided in my healing process and boosted my confidence."

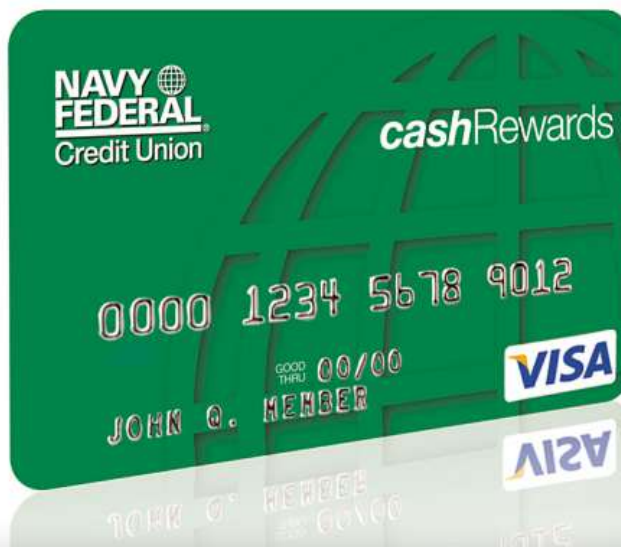
In its fourth year, more than 200 athletes from all branches of the military qualified to compete at the 2013 Warrior Games, May 11-16. The Paralympic-style competition for wounded, ill and injured service members allows athletes to compete for gold medals in shooting, swimming, archery, sitting volleyball, cycling, track and field and wheelchair basketball.

The Warrior Games showcase the resilient spirit of wounded, ill and injured service members from all branches of the military who have overcome significant physical and behavioral health challenges, according to its organizers.

"I mostly look forward to seeing the love and support that the American citizens, family members and fellow warriors show during such a monumental event," Hamilton added. "The Warrior Games seem to unite the public and remind them of the sacrifices that each warrior has offered for the freedom of American Citizens. It was an honor to be selected as one of the heroes that made the Army team and I intend to make my service proud when I medal in each of my events," she added.

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FFSC Gives Military Spouses Appreciation Luncheon, Free Gift Bags

By Mass Communication
Specialist Seaman Brandon
Williams-Church
NASB Public Affairs
staff writer

May is designated as Military Spouse Appreciation Month (MSAM), and Fleet and Family Services Center (FFSC) is celebrating every service member's "better half" at Naval Support Activity Bethesda, by hosting events such as an appreciation luncheon on May 17.

Dedra Anderson, spouse employment coordinator for FFSC and a military spouse herself, and Caitlin Mullins, spouse employment specialist and military spouse, plan and regulate specific events and programs that target the military spouse.

"Spouse Appreciation Day was started to honor spouses who serve with their service member because they also help in a special way in the sacrifices they give up to via deployments, being away from home or just being away from their known environment," said Anderson.

"It's really important to recognize the spouses because they typically move a lot and might be in and out

of a job because of orders that take them to different places," said Mullins. "They make sacrifices as well."

An appreciation luncheon for spouses is scheduled for May 17 at the Glenn Haven Housing in Wheaton. The last day for spouses to sign up is May 10.

"The luncheon is being held from 11 to 2," said Mullins. "At the beginning of the day we are going to be offering a yoga session to the spouses and then we will have lunch. The United Service Organization partnered up with us and is going to be sponsoring cupcakes and punch. Lifeworks at the housing in Wheaton is providing the food and the venue. Plus, we are also giving out gift bags to the first 50 spouses signed up."

The address of the luncheon will be given with the spouses sign up verification.

FFSC also provides other useful programs to service members and their spouses.

"During the year there are a lot of activities that go on for spouses," said Anderson. "It's about getting them to come and participate because we post things everywhere and the events are free. We have parenting, resume writing, deploy-

ment, marriage counseling and relocation classes. We also have a school liaison for new people who have come to the area. He guides them on what schools are around the area and what they have to offer."

With programs and services like these, service members and their spouses have the ability to take advantage of prime benefits.




"We want these spouses to know that we are here and that they can use these services as well," said Mullins.

FFSC provides an array of programs and resources to help Navy families adapt to the military environment, become resilient and be knowledgeable on career development, financial management, emergency readiness and educational progression amongst other areas.

MSAM celebrates, honors and recognizes all military personnel who have served for our country, those who now serve in uniform and their families. MSAM also remembers those Americans who have given their lives in defense of our freedoms we all enjoy today.


For more information on the luncheon and other programs provided by FFSC, contact 301-319-4087.

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STUDENTS

Continued from 7

in class. It's a really good program for those interested in the medical field because it definitely shows you a lot."

An 18-year-old senior at Walter Johnson High School in Bethesda, Oliver Marroquin has aspirations of being a plastic surgeon, and said the Medical Career program has given him "a lot of insight into different

branches in the medical field."

"I plan to be an OB/GYN or an obstetrician," added Fiona Osei-Nsafoah, a 16-year-old junior at Winston Churchill. "I've learned a lot about different conditions of the body, different body parts and how they work. I also learned a lot about the brain," she added.

Another rewarding aspect of the program for her, explained Osei-Nsafoah, is when students complete the program they received their certification from Maryland as nursing assistants.

"I felt the program would put me

ahead in my game, especially to get into a good college," added Emely Canaza, a student at Clarksburg High School in Clarksburg. The 16-year-old junior said she hopes to enter the dental field, and through the Medical Careers program she was not only introduced to the "medical world," but she will also earn college credit.

"To say this is an incredible opportunity for these students is an understatement," Mansky said. "The medical professionals in the various internships sites are respectful and contribute greatly to the student interns' professional development."

She added that alumni of the program have become doctors, nurses, veterinarians, psychologists, paramedics, radiology technicians and other professionals in medical fields.

Mansky recalled Ensign Thomas Sarti completing the Medical Ca-

reers program. He has since earned his nursing degree, specializing in psychiatry, and works at Walter Reed Bethesda.

Lauren Scherer, whose mother Elaine Scherer works as an OB nurse at Walter Reed Bethesda, is an alumnus of the Medical Careers program, and is now an Army trauma nurse in Hawaii, Mansky added.

"Karina Clerge was our Medical Careers Outstanding student of the year, and is currently working as an OR nurse [at Walter Reed Bethesda]," Mansky continued. "She completed her advanced degree as a nurse practitioner in family medicine."


"I knew I always wanted to be a nurse and I was really excited because [the Medical Careers program] gave me an opportunity to explore what I really wanted to do," Clerge said.

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COMPUTER

Continued from 5

and ACES is essential, because without them we couldn't do it."

With all the uses the MLF can provide, it's obvious to see why the importance of such a facility exists.

Spc. Matthew Winans, a medical lab technician student at Walter Reed Military Medical Center, uses the lab around twice a week for per-

sonal uses. "I use the lab to check my Army Knowledge Online and email because I only have CAC access and no other access to a computer," said Winans. "It's connected to the main building through 'the tunnel,' and it's pretty convenient to get here through Main Street in the hospital."

Vincent Valenza, computer assistant and manager of the MLF, over-see the operations and maintenance of the facility. Valenza intends to have scanning capabilities soon for the MLF.

WOUND

Continued from 6

fense (DOD) wound care formulary, Aquino said. Wound and ostomy clinical nurses Aquino and Sharon May helped establish the guidelines and decision-making process for treating wounds, used throughout the DOD.

Under the General Surgery Clinic, the Wound Care Management Services staff members are planning for next year's annual conference, hop-

ing to continue its growth. Throughout the year, they remain involved in research efforts, while organizing trainings, and producing a newsletter, available on the intranet, to keep patients and staff informed of the latest in wound care developments.

"They're constantly [networking] to see if there are any changes or better products, or technology, available," Yabar said of the Wound Care staff. "They're very motivated, always willing to learn, [and] always looking for new and better treatments."

CAPMED

Continued from 3

month amongst my 10 providers. Our patients rave about his care. Additionally, he founded the now thriving Lions Club at Fort Belvoir and volunteered to donate his bone marrow to a non-family member. He is an exceptional young man deserving of the award."

"When I began the 2012 work year with OT and the Lions Club, I never imagined this would be the end result," Haws said. "I feel the staff that coordinated the event

[for JTF CapMed's Enlisted Service Members of the Year] did an amazing job and made the night wonderful."

Perry also said he's proud of how the program has evolved since being established in 2011 by former JTF CapMED SEL, Army Command Sgt. Maj. Donna Brock, and now U.S. Army Medical Command senior enlisted advisor. He added joint recognition programs, such as the JTF CapMed's initiative, serve to strengthen the value, contributions and appreciation each military branch has for the others, and "what they bring to bear for the military health care facilities [in the National Capital Area]."

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